

# STROUDSBURG CROSS COUNTRY CAMP

## CAMP HEALTH AND SAFETY PLAN

### **GENERAL CAMP HEALTH & SAFETY:**

All athletes are expected to follow all camp rules. Camp rules will be reviewed at camp orientation on the first day. Campers must respect the health and safety of all in attendance at camp. Disciplinary action is at the discretion of camp directors and parents will be contacted when rules are broken.

- A camp nurse will be in residence and on staff at our Health Center.
- Camp Rules will be reviewed with campers at camp orientation and are expected to be followed.
- Camp Health and Safety plans will be reviewed with campers at camp orientation and adherence to Guidelines and Mandates from camp, local, state, and federal guidelines is expected by all in attendance.
- Sick campers will be sent home immediately. Please make certain that a parent/guardian/emergency contact is available to pick up the camper during camp week in case of emergency of any type.
- Sick campers will be treated by the nurse/ER/physician depending on severity. Parents/guardian/emergency contact will be contacted immediately. Campers will be isolated while they wait to be picked up.
- Injured campers will be treated by the nurse/ER/physician depending on severity. Parents /guardian/emergency contact will be contacted immediately.
- Campers in attendance should be physically fit and have not been advised to not participate by a qualified medical professional.
- All Campers/Staff must have submitted a Stroudsburg Cross Country Camp Waiver and Release of Liability Form, Registration Application Enrollment Form, and Medical Release Form.
- All Campers are encouraged to be fully vaccinated, use good hand hygiene, and maintain proper hydration.

### **WHAT IS THE PLAN FOR THIS SUMMER?**

*As a result of the COVID-19 pandemic it is important for us to update you on our plan to maintain the health and safety of all campers. We will use the most up to date information available to make decisions. All decisions will be made utilizing the guidance provided by the Center for Disease Control and Prevention and by camp medical professionals.*

At this time, we strongly recommend all campers to be up to date with their COVID vaccines. We recommend all campers test with an at home COVID test the morning before attending camp, and only attend if they are in good health. We recommend all campers who want to wear masks bring their own supplies and encourage good hand hygiene throughout camp. Our intention is to keep as many activities as possible outdoors.

## **HEALTH & SAFETY**

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## WHAT IF THERE IS A POSITIVE COVID-19 TEST PRIOR OR DURING CAMP?

If a camper or staff member tests positive or has a household exposure and is not up to date on their vaccines for COVID-19 *prior to camp*, they must:

- complete their full isolation or quarantine period prior to attending camp
- have been fever free for 24 hours without the use of fever reducing medication prior to attending camp
- have seen improvement of other symptoms prior to attending camp.

If a camper presents at camp with any illness with COVID-19 like symptoms they will be sent home immediately. All campers should make sure their parent/guardian/emergency contact is able to pick them up in case of emergency the week of camp.

If a camper or staff member becomes sick with COVID-19 like symptoms *during camp*, they will be isolated, quarantined, and asked to be picked up immediately and brought home by a parent/guardian/emergency contact. Symptoms include:

- fever or chills
- new loss of taste or smell
- cough
- sore throat
- shortness of breath or difficulty breathing
- congestion or runny nose
- nausea or vomiting
- diarrhea

Our point person to deal with any COVID-19 health issues will be our Camp Nurse. Our Emergency contact directors during camp will be our Camp Health and Safety Directors Jesse Arnett (914)362-8726 and Marc Rosado (631)885-5444 or by email at [Stroudsburgcrosscountrycamp@gmail.com](mailto:Stroudsburgcrosscountrycamp@gmail.com) . Please add these contacts to your phone so you pick-up if called.

## WHAT IS OUR AIR QUALITY AND OUTDOOR ACTIVITY GUIDANCE PLAN?

We will monitor air quality throughout the days leading up to and during camp. We will review the air quality index using the EPA guidelines to monitor weather and outdoor activities to best help all campers. We will use [www.airnow.gov](http://www.airnow.gov) to help us make health and safety decisions regarding the air quality. We encourage all campers to communicate their needs to staff, coaches and nurses before and during camp.

# HEALTH & SAFETY